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## **REMEMBERING ROBERT A. MONROE**

*By Robert Emmett Monroe*

*Delivered at the 24th Professional Seminar at The Monroe Institute*

*(Access this video by following the link from the notes below)*

Throughout his life, Bob sought to bring something of value to people. In this he resembled his father Robert Emmett, a university professor, and his brother Emmett, a doctor, both of whom helped large numbers of people. The desire to help, however lightly and playfully expressed, runs through Bob's multifaceted endeavor.

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It's wonderful to be here with this group of people in this wonderful room where so many good things have happened. You all have created such a magnificent energy here, that every time I come to the Institute, I feel like I'm stepping into a miracle. And one of the greatest miracles of that is the way the right people from all over the world find their way here.

And I have the deepest respect for all of you who are pursuing your curiosity about what you can be, and what your consciousness can show you.

Bob Monroe was one of the most entertaining people you could meet. He just had a sense of fun about him. Just driving up and down the mountain with him could be great fun. And he made the hero's journey on a daily basis; going up to the mountaintop and getting the vision and bringing it back to us.

The hero has many forms and one of them is the trickster and comedian, and that was one that he really enjoyed playing. And it was an aspect of himself that he would bring in to his talks with people in this room. And I remember coming in with him to give one of his Wednesday talks to a gateway group, and he stopped just up on the landing of that staircase there, and he said, I'm going to do a little turnaround now. And he arched back, and seemed to call something in, and his shoulders shook a little. And his body really seemed to change at that point and he had more playfulness. And he went down and as soon as he came into the room, people just had a sense that there was going to be some fun. And he said in other places that the aspect of himself that he was calling in there was a kind of court jester type, which he called Willy. A court jester and a showman and an entertainer.

And he would come up to this stage. And he would take off his coat and put it on an imaginary

coat rack and of course it would drop. It always got a laugh and there were many different interpretations of what that little joke could mean.

And that's one of the advantages of a trickster, is that they sort of stir things up and get people to ask questions and have their own thoughts. They don't tell you what to think; they just ask you to think.

So he stirred things up that way. It was a kind of fill in the blank exercise. Here's the blank and you fill it in. And that was the beauty of suggestion. He was working with people. Providing a little bit of structure that would allow them to create the meanings for themselves.

I'd like to thank all everyone involved in putting together this wonderful seminar. Carol, the board of directors, Leslie, the steering committee, the board of advisors, Ann, Barbara. It's a tribute to how well everyone at TMI does their work, that you can just say their first names and everybody knows who they are and what they do. Whether it's Carol, Walter, Al, Angie, Barbara, Patty Ray, Leslie, Ann, John, Charles, these are a few and there are quite a few others. You know who you are. But everybody here, whether they're picking you up at the airport, or making your food, adds something unique to the mix of energies here.

I also want to add my congratulations to Skip for so brilliantly captaining TMI at the same time that he expanded its research, and did so many other things. It's wonderful to see someone fulfill his calling in such a complete way. And it's rare to see such brilliance and dedication and character come together in the way that they have in him.

It's appropriate that we're talking about Skip and Bob in the same night. Because they are a great team. They are the Lennon and McCartney of consciousness, and we're all lucky that they were in the same band.

Bob paid him a great compliment when he invited Skip to work with him to create a dream, and they realized it brilliantly. They were both visionaries and people who could realize their vision.

I remember the first time when I really understood the beauty of what TMI was doing. I'd been listening to some sounds, and described to Skip this place of textured darkness, a darkness with a kind of soft alive light running through it. And he said, yes, we're very familiar with that place. And I realized then that they had developed something that could help people get to a quite precise place, very reliably and consistently. So this quite delicate and wonderful subjective place that I had gotten to had a kind of objective existence. Other people could get to that numinous delicate place very reliably, and these cats had developed the tools that would help them get there. It was a ladder to infinity.

Bob was always careful to point out that the institute was much more than him, that it was many people who had contributed something unique, and indeed thousands and now tens of thousands of people who have been involved in it.

So I'm going to talk about Bob tonight but there are many other people that one could talk about, including Nancy and Scooter and Joe and Laurie and many others. But he's the one I'm going to focus on. And it's also important to say that in everything he did at the institute Nancy was involved, an inspiration and partner. Her presence is woven into the place. When you go into the dining room and enjoy the nice feel there, that's because she found the right materials for it and decorated it with her lively sense of style. When you enjoy the white trees in the spring, those are hers, she chose them.

We're here today because Bob did one very simple thing. What was that one simple thing he did? What did he do that started the chain of events that produced all this?

He paid attention to his own experience, to his own inner life. Many other things had to happen, many other wonderful people had to come into it. But everything started because he paid attention to his own experience, to his own inner life. He looked inward at the unusual experiences he was having, and went with them, and tried to walk and talk with them and understand them. He reflected on them and listened to what they meant.

Many other people had had out of body experiences, and other anomalous experiences. But Bob was different in how he reacted to them. Instead of ignoring them or dismissing them, he took careful notes about what was happening to him. Because he did that, because he paid attention to them and put them in an objective form, others were able to see what he had experienced. Because he kept a written record of his experiences, Charlie Tart was able to see the value of them, and he in turn could pass it on to an editor and publisher and a book could be published. Because that book existed, other people could be drawn to Bob who would help get the institute started. And because of the book, a wide audience was reached, who would come to learn how to experience their own adventures at the institute. So we're here in a very real sense because someone bothered to write down his ephemeral experiences, instead of dismissing them.

So that may give you some inspiration to pay attention to your own inner world. And that was the most consistent drumbeat of Bob's message. Pay attention to your own inner life, pay attention to your own experience. Find out for yourself.

One of my first memories of Bob has for me a kind of timeless eternal quality. It was as if I picked up on his energy signature, his ident, as he called it, even though I was just a kid. I was probably six or seven years old and remember playing a game in our driveway with my friend Pat Dalton. And this is the kind of thing kids did before iPads and the internet. We were

basically throwing sticks at each other. And I realized that if I threw it just where his feet were, he could jump. And if I threw it just right and he jumped just right, the stick would bounce under his feet and keep going. A challenging but cooperative game. And it was a nice evening as we were doing this and I looked over and I noticed sort of sitting on the stone wall there was my uncle Bob. And even at that age I was struck by something different in the way he was. There was a kind of serenity, a real peace to it. And the novelty of an adult coming out just to enjoy the evening and I suppose some enjoyment in watching this silly game we were playing. So one was element was the peace. And the other I think was the twinkle. Not just a twinkle in his eye, but really as if his whole being were kind of a twinkle. And as if he were just kind of waiting for an opportunity to chuckle. He always chuckled often and readily.

And he sat there for quite some time, smoking. He didn't have a mantra, but he did have a pack of cigarettes. The cigarette was his mantra. The cigarette of equanimity and the coffee cup of receptivity were his attributes. And as it gradually grew darker he sort of faded until there was just, in the darkness, the orange tip of his cigarette that would bloom from time to time.

So it wasn't that he was doing anything, but it made an impression on me, and I think it was the sense of someone who savored things, and very often quite simple things, but the things that were in the moment. And that unusual peacefulness and twinkle. He seemed to be having as much fun as we were in this simple play.

*the orange light of a cigarette*  
*the tart smell of boxwood*  
*the scrape of a chair on flagstones*  
*these traces of a serene presence*

I got to know him better at other times, particularly when I was in grad school. I would come down for a week at time to see Bob and Nancy.

So I would see him at work in the cabin, and he would often be doing a few things at once. He would be making one of his tapes for one of the programs. He would be doing that with one hand, and at the same time carrying on a fairly in depth conversation with me. We would be going into some topic and he would hold up a finger, reach over and press the record button and say:

"You are now in focus ten. The ten state."

And then he would press the button off and return to the conversation with me. And he always seemed to have a sense of where to drop into the tape, as it was spooling along. And it rarely took him more than one take to get his voice the way he wanted it.

That wonderful soothing voice. And I think the voice has a lot of wonderful qualities in it because he was, at the time that the words were coming out, his consciousness was linked up, really connected to the energies of his larger self, and to the universe. Those energies are in the voice, and that's part of what people respond to. So just listening to the qualities in his voice can do a lot. A lot of information and a lot of intelligence-laden vibration are communicated. His voice becomes a sort of carrier wave for a way of being, a very enlightened and elegant way of being that can be caught by the listener, and resonated with, until one is in a similar place.

So as he sat talking to me he would also be making his tape, letting all of that voice come into the tape that he was making. And his piano keyboard was there if he needed that. At the same time, in the other room up on the screen would be a page from his latest book that he was writing. And he would be taking various calls including from the construction people who were building this building that we're in now. A building he designed.

And as he was sitting there making tapes and writing a book and creating a building, he turned to me and sort of grinned and said, "You know the line between work and play has become very thin for me, to the point that it's almost not there."

All these projects were going on and he was joyfully engaged in all of them. He was getting a lot out of doing each of them, and also knew that they were building things that would be enjoyed by a lot of people, that that was the end in sight.

And that was part of the method of how he did things. He had in mind the ultimate effect. When he started a project, one of the first things would be to imagine, what would be the effect on people of this.

So he had the purpose of the thing. And then he would get a title, and that seemed to be important. If he had those two things the rest would seem to follow from it. He wasn't straining. He was the open bowl. He had a kind of economy of means, he could just sort of hold up the little sparkle of the endpoint and the rest of the things would accrue around it to support it.

Whatever he was doing he always had access to much greater resources than just his conscious ordinary everyday self. And the way to draw that in was to get to a place of stillness and openness, really sensing that greater self and letting it come in. So it was about a kind of receptivity and a kind of listening and being an observer. Then letting it come in and letting it flow and letting that be the action. He was opening to a flow from the greater self and letting that express itself, and that was the necessary action. There was a kind of ease in what he did. It wasn't effortful. It really was like the Dao doing by not doing. There was a sense of great energies flowing around him and it was as if he was sailing a sailboat. He would simply

steer the tiller a little bit this way and a little bit that way, but it was very much working with the other forces of the wind, and the flow of the water, and the boat.

Music.

Even in the midst of his various projects Bob would take time to sit back and really listen to music. He took great delight in listening to music. He would give himself that space to listen to music. He would turn it up quite loud and I was somewhat shocked by the spectacle of someone in his seventies really cranking up the stereo. But he would listen and you could almost see the waves of the music going through it and his body trembling with it. And he turned to me and said, "you know it's a very good thing to listen to music, to take the time to do that." So the music bath was a good thing.

I remembered looking out at a tree there with Bob, after I had done some exercises at a program, and had begun to see things in a more three-dimensional way. And to see the energy that was in them. We were talking about trees and I said how wonderful it was that we had this very cooperative relationship with them, that they would give us oxygen and they would give us  $\text{CO}_2$ . And he said yes, he would come out and he would say, hello trees, and he would feel that they would say, well hello to you, back to him.

And on that same deck, I remember talking to him during the first gateway residential program that they did here, which was in the Nancy Penn Center. And during that time there was a storm, which knocked out all the power. Which is not the easiest thing to have happen when the program you're giving depends pretty completely on people listening to electrically powered audio equipment. But he didn't seem overly concerned about it. In fact his response was to come down and sit out on the deck and watch the lightning. And as we watched the lightning he turned to me and said, "You know it's a great display of nature's power."

And I think he had great respect for nature's power, and as someone who always wanted to figure out how things worked, he studied it with the idea of learning from it. As an engineer, he would make very precise observations; like that the ribs of a leaf gave the leaf enough structure to make a platform that would absorb the rays of the sun. But that there was enough flexibility in the ribs that they would move with the wind. So one side of him was the engineer who saw that, and the other side of him was the poet who could learn from that meaning in human terms. And I think he admired trees for their ability to exist just on the energy of the sun. And that maybe what we needed to learn we could learn by the trees. There's an idea that maybe the Buddha, it's not so much that he was so brilliant, but that he had the good fortune to sit down under a tree, and absorb some of the tree's wisdom. And that that's how he became enlightened. And there's an idea that the Chinese had that the trees are philosophers, and that they've gained enough wisdom to learn how to live peacefully and sustain themselves. And each tree is a wise philosopher.

To see Bob at work and play was to see someone who remembered that he was part of something larger. William James said that we are often like a finger that has forgotten it is attached to a body. William James wrote:

"Most people live in a very restricted circle of their potential being. They make very small use of their possible consciousness, and of their soul's resources in general, much like a man who, out of his whole bodily organism, should get into a habit of using and moving only his little finger."

Well, Bob had a few of his fingers going, at least, and probably the whole hand and maybe some of the arm. It's interesting isn't it, that the way he would bring himself back quickly, if he were floating in the ether, was to think of his little finger.

Bob was someone who remembered that he had a great deal, indeed an infinity, within him. He was many different things, but he remained aware that whatever he was doing, the totality of his self was larger and more various than the role he happened to be fulfilling at the time.

Bob had found something wonderful that he wanted to share with people. And he asks, what if you knew of the interstate, but had a friend who had never driven on the interstate, who refused to even believe it could be there?

How would you begin to tell them about it? You don't know how to describe the interstate in local traffic terms, and your friend understands only local traffic. So, there's a poignancy in this, in wanting to share something, when it was difficult to convince people of the value of it. In a sense, we are all the friend he wanted to share it with. And very patiently, he devoted much of his life to doing just that.

The time that I spent with him had an eternal quality and I remember those times very clearly. It's almost like when you've made a foray into a different state or out of body, the memory of those things stays very fresh. It's like they happened yesterday. So it had that eternal quality.

And that's something that Laurie noticed in the time that she spent with him. And other people as well. And in fact, his presence, just being in the same room with him, seemed to really open up doors and windows in people, to their higher self. And this even with people who were quite advanced along the road of their self-realization I'm thinking in particular of Elizabeth Kubler-Ross and one of the real turning points in her journey. She spent some time listening to sounds with him in the Owl House, and this led her to go through some very cathartic experiences. And I think the story is, she woke up in the morning and went outside and could see the radiance coming through everything, and really through every pebble and blade of

grass, and I think she walked, maybe barefoot across the meadows from the Owl House to Whistlefield, which is not a short walk, and she could see sort of shining through every living thing and every rock and grain of sand the kind of radiance and energy that animated everything.

And he had a similarly profound effect on Jane Roberts, when Bob and Nancy visited her and Robert Butts in New York State. That's a few impressive figures who experienced enlargements of their consciousness after a contact with Bob. I think part of what may be happening is that when one person has found a hole in the monkey cage, as Bob said, it seems to change their consciousness in a way that other people pick up on. He said that he was the monkey who found a hole in the cage. The cage of our ordinary mind. He wasn't looking for it, but he found it and after that he wanted to share it with people, and the sharing seemed to happen almost instantaneously. It was as if he had opened up a frequency in his own consciousness and when other people came in contact with him, it resonated with them and it opened up the same frequency and the same capacities and enlarged perspectives in them.

And when you're out and move into different situations just be aware that your very presence may bring a vibrancy and a set of possibilities that could open up a lot to the people that you come in contact with. Bob was somebody that when he came into the room, the room changed. And that's something you can do.

One of the great questions that he asked me was, "Don't you think that if someone comes up with a new myth, that it's going to have to be a global myth? It's going to have to be a myth for everybody?" Not just one culture, or one nationality. I'm sure that he hoped that what he had started might contribute to that. And I don't think it was a sense of grandiosity, but it was a realization that some of the problems we're looking at are really global problems, and they're going to have to be solved globally.

And that's one of the reasons that I think it's so great that the institute has maintained the sense that it's not attached to any one ideology or set of beliefs or dogma. But it's user friendly to anyone whatever their beliefs.

And there was with Bob the sense that the solutions were going to come from that perspective of the whole and the consciousness of which we are all a part, and that interconnects us. So we come back to one of the quotes that was on the TMI page recently. The great quote by Einstein that

"A problem cannot be solved by the same order of consciousness that created it." And the consciousness that looks just for what is going to be good for my selfish concerns, that's not going to make it. It's going to be the thinking of what is going to work for all of us. We're really at the point globally where we have to do that. And something the Monroe Institute can add is



getting more people to those levels of consciousness where there is that sense of the whole that connects us all. And it's at that place that the solutions can come.

Bob wanted to live in a better world. But he could see that the way to that better world was going to have to come from an enlargement beyond our usual grasping way of thinking and behaving. what he called the a.s.s. the animal sub self.

I remember when he asked me to read the manuscript of *Ultimate Journey*. I made a little graph for him. And drew a couple of points and said, this is *Journeys Out of the Body* and this is *Far Journeys* and I thought *Ultimate Journey* would be here, but it's here. Not an arithmetic projection, but a geometric one. And that's kind of where we're at now, in many ways now we're in a hyperbolic mode, yes? That was the line that he was hoping to approach, and it seems that's what's happening in our consciousness. Our awareness is increasing exponentially.

But in many ways it seems that our material life in terms of its sustainability has gotten more precarious. This was before sustainability became such a popular term, but he definitely had the idea before most people were thinking about it. It would seem that our sustainability, the chances for our smooth sustainability since the time of his passing have decreased. We know were at Peak Oil, or we're past it. And we've done very little to develop other sources of energy. So this is the sustainability curve.

He liked to draw pictures, so I'll draw you a little picture. You might say this is the increasing awareness of consciousness. Call that Advancing Human Awareness. Or AHA for short. And that's the curve that he was trying to increase the momentum of.

But we have Unsustainable Habits, and we can add Dumb and call that DUH for short. So his hope is that AHA is going to be strong enough to have an effect on the DUH curve and lift it.

And I think he would be quite shocked at some of the drastic things that we've continued to do to our own home. He had experienced infinite things, but he had a clear sense that the earth was finite.

Bob always seemed to be listening for the larger and wiser parts of himself, and for the totality of himself to come in with the thing that might be useful.

And in that observer quality he was a scientist of sorts, because the basis of our scientific method is really a human being observing. We've gotten a bit wrapped up in instruments and studies but the basis is really a human being experiencing, listening and seeing, working with perceptions.

So I think in terms of science, we need to get back to the perceptions of the human being. And now we have the internet, which makes it so much easier to share those perceptions, so that we can start talking about tens of thousands of people having the same perceptions. And at that point you start to think that something real is happening. So I think the idea of a scientific study is going to change.

As an example, someone has developed an application has been developed that can diagnose different things including Parkinson's with 99% accuracy. And this can be done just by taking a recording of the voice and looking for what frequencies are in it. Again, Bob's concerns of frequency, and what kind of information is contained in a frequency, and what can be done with a voice, how much information a voice can contain. And how much information a frequency can contain....

Bob wrote in one of his books goes something like this. Always remember that simply by being on this earth, you've done something wonderful. And it's something that's very important and will have great creative power, and will be of immense value to you when you go on.

There is a moment, described in *Far Journeys*, where he says that he realized that his conscious mind had been too much in control of what he was doing. And he made a decision to let his larger self, his whole self, do the driving. And you have to realize how big a transition that would have been for him.

Another turnaround came for him, when my father, Emmett sent him a photo of the Munro Castle in Scotland. It showed a tower that had almost exactly the same proportions as the one Bob had just designed and built in the Nancy Penn Center. Both of them were gob smacked, and Bob began to seriously consider the possibility of past lives.

Bob once asked me, "With all the problems in the world, and with our resources coming to an end, do you see any way that we're going to get where we need to be, in the limited time that we have?"

And my answer was, maybe we can't do it in time, and we have to do it out of time. In other words, maybe the work that needs to be done, it has to be done on other levels of consciousness, than what we're doing walking around in our everyday waking consciousness. The things that need to happen on other channels, as it were, in other dimensions. And the Monroe Institute can help by getting more people out into those dimensions and areas of consciousness where problems can be solved and communications can happen and new solutions can be arrived at. I think just in doing what the Monroe institute does it can make a real contribution to what happens in creating the future of our world.

So I think that was a pretty good answer and he kind of nodded. I think he thought that was okay.

Thank you.